

# Does your neighbour need your help?

With the Covid-19 virus affecting people across the country, your neighbour may need your help if they become unwell.

Can you help your neighbour by:

- ✓ Making sure they have enough food and other general supplies to cover a few days - **there is no need to panic buy though**
- ✓ Making sure they have some simple recipes to hand, if they are not the normal chef or have done some batch cooking for the freezer
- ✓ Walking their dog, putting out their bins or taking in a parcel
- ✓ Phoning, Skyping or facetimeing them so they can see a friendly face, helping to reduce their isolation
- ✓ Checking if any of their planned appointments have been cancelled before they travel

If you or someone you know needs help, or if you or your business can offer help, visit the community help hub at [www.gloucestershire.gov.uk/helphub](http://www.gloucestershire.gov.uk/helphub) or call **01452 583519**

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# How to avoid catching or spreading coronavirus

- Wash your hands with soap and water often – do this for at least 20 seconds
- Always wash your hands when you get home or into work
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- Avoid close contact with people who have symptoms of coronavirus
- Only travel on public transport if you need to
- Work from home, if you can
- Avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- Avoid events with large groups of people
- Use phone, online services, or apps to contact your GP surgery or other NHS services

## Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- New continuous cough and/or
- High temperature